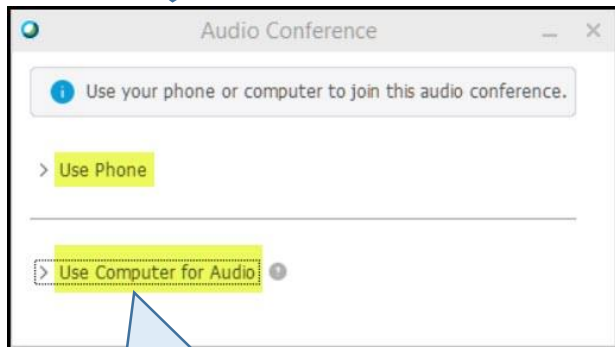


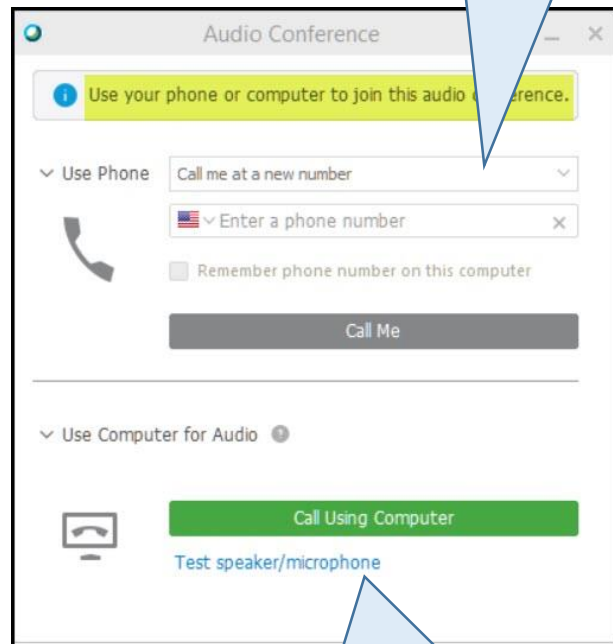
Connect to the Audio

1) Your audio box may look like this when you enter the WebEx session.



2) Click the arrow to expand the section you need (phone or computer).

3) If you want the system to call your phone, enter your phone number.



4) Test your computer audio and then click Call Using Computer.

Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community

Michael Balkenhol, MLIS

Health Programming Coordinator
National Network of Libraries of Medicine
Middle Atlantic Region (NNLM MAR)

mab602@pitt.edu

[Course Page and Resource List](https://nnlm.gov/classes/program)
(nnlm.gov/classes/program)

Chat: Where are you located? What kind of library?

National Institutes of Health

Nation's research agency
27 institutes and offices

NIH

NLM

National Library of Medicine
World's largest biomedical library

**National Network of
Libraries of Medicine**

Program of the NLM comprised
of 8 Regional Libraries (RMLs) and
5 offices

NNLM

MAR

**Middle Atlantic Region
(NNLM MAR)**
Serves Pennsylvania, New York,
New Jersey, and Delaware

National Network of Libraries of Medicine (NNLM)



The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

Connect with NIH, NLM, & NNLM



- Connect with us!
- Add NLM resources and news feed information to your organization's web and social media sites!
- Help combat health misinformation!



- Health Outreach
- Health Information Resources
- Partnerships
- Program Resources and Ideas
- Questions/Discussion

[Course Page and Resource Guide](#)

(nnlm.gov/classes/program)

Health Outreach

Why? Assessment. Development. Planning. Marketing.

Health Outreach @ Your Organization

Shows Value

Enhances Image

Maintain Relevance

Increase Visibility

Stay Current



Search KFF.org



State Health Facts

 About State Health Facts

Home // State Health Facts

Search State Health Facts:



Choose Category - or - Choose Location

Select a State



- › Demographics and the Economy
- › Health Costs & Budgets
- › Health Coverage & Uninsured
- › Health Insurance & Managed Care
- › Health Reform
- › Health Status
- › HIV/AIDS
- › Medicaid & CHIP
- › Medicare
- › Minority Health
- › Providers & Service Use
- › Women's Health



NEW & UPDATED INDICATORS

HOW HEALTHY IS YOUR COMMUNITY?



Find your community

Search by county or state

SEARCH

OR

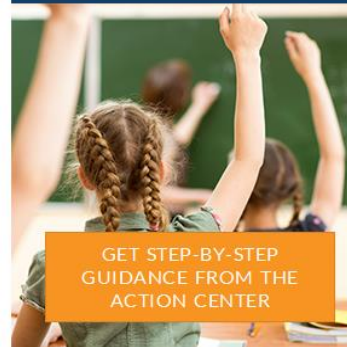
See what affects health

Select a Measure ▾

Select your State ▾

GO

HOW CAN ROADMAPS TO HEALTH HELP YOU?



GET STEP-BY-STEP
GUIDANCE FROM THE
ACTION CENTER



THE 2016 RWJF CULTURE OF HEALTH PRIZE

LEARN MORE

Health Statistics on the Web


This hands-on course focuses on the location, selection, and effective use of statistics relevant to health on the local, state, national, and international levels. The importance and relevance of health statistics in various contexts will be discussed. Participants will have the opportunity to become familiar with the features and scope of several statistics Internet resources through the use of numerous exercises.

Objectives:

At the conclusion of the class, participants will:

- Be able to identify selected key websites for use in the location of data sets and statistics for use at the local, state, national, and international level.
- Achieve a general understanding of the types of data sets and statistics available on the Internet.
- Understand the 4-step process used to successfully locate relevant health statistics for a particular circumstance or issue.

Course Materials: [Course handout](#) 

[Course slides](#) 

[Slides PDF](#) 

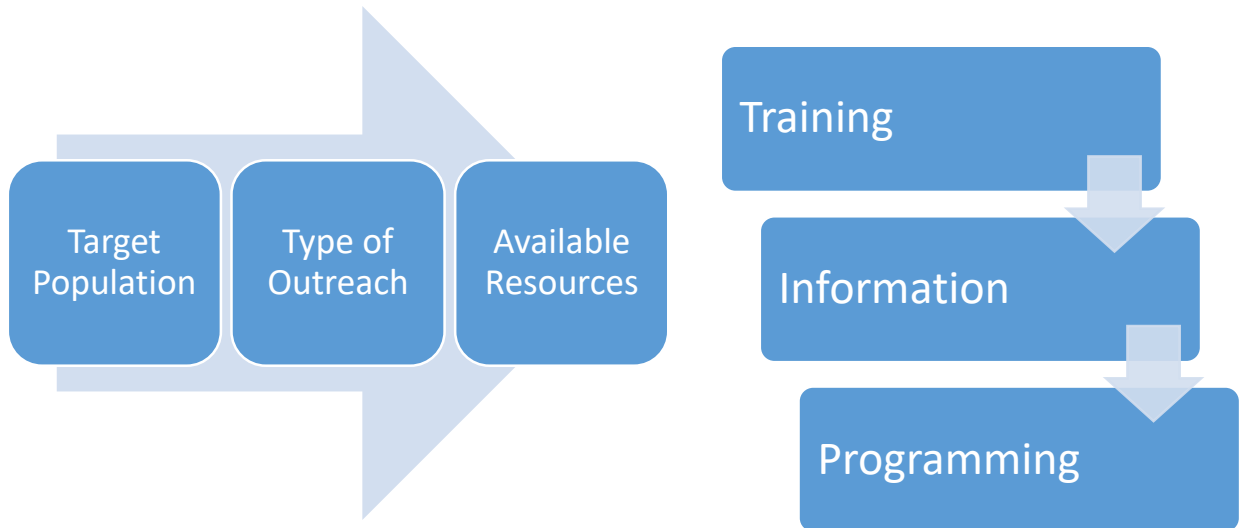
Class Length:

1, 2 or 3 hours. Variable credit class. The number of CE credits is tied to how much time and effort is expected of the learner to complete the class. A higher credit class goes deeper into the content.

Course Owner(s):

[Erin Seger](#), Health Professions Coordinator

Develop a Plan!



7 Key Questions

Who?

What?

When?

Where?

Why?

How?

How
Much?



External Factors

Logic Model Template

Program: Health Information Outreach Program

Goal: Improve community members' abilities to find, evaluate, and use health information

| INPUTS | | ACTIVITIES | | OUTCOMES | |
|---|--|---|---|--|--|
| What we invest | What we do | Who we reach | Why this project: short-term results | Why this project: intermediate results | Why this project: long-term results |
| <ul style="list-style-type: none"> • Staff • Volunteers • Time • Money • Research findings • Materials • Equipment • Technology • Partners | <ul style="list-style-type: none"> • Conduct workshops and meetings • Train • Deliver services • Develop products, curricula, resources • Facilitate access to information • Work with media | <ul style="list-style-type: none"> • Participants • Clients • Agencies and community-based organizations (CBOs) • Decision-makers • Customers • Clinical professionals • Members of CBOs | <i>Learning</i> <ul style="list-style-type: none"> • Awareness • Knowledge • Attitudes • Skills • Opinions • Aspirations • Motivations | <i>Action</i> <ul style="list-style-type: none"> • Behavior • Practice • Decision-making • Policies • Social Action | <i>Conditions</i> <ul style="list-style-type: none"> • Health • Social • Economic • Civic • Environmental |

Assumptions

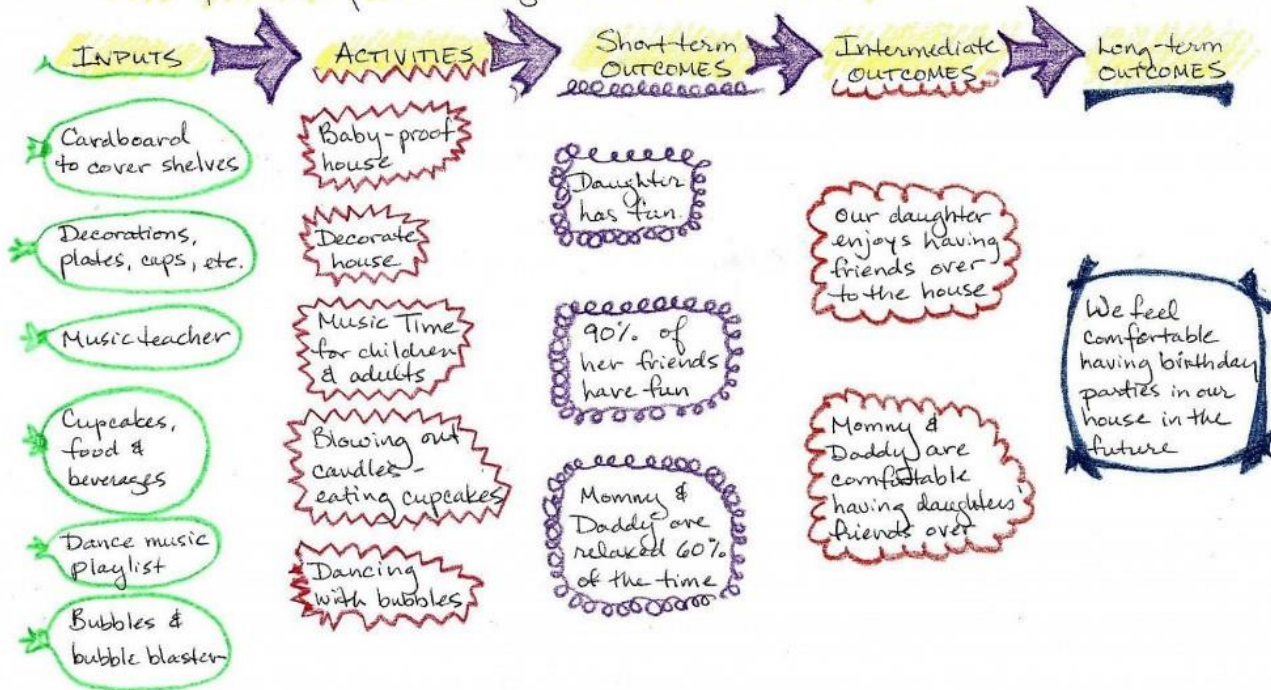
- Beliefs about the environment and community
- Should be confirmed before beginning the program

External Factors

- Positive and negative influences
- Culture, economics, politics, demographics
- Should be confirmed before beginning the program



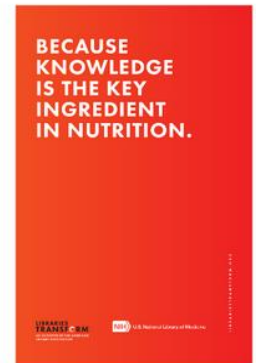
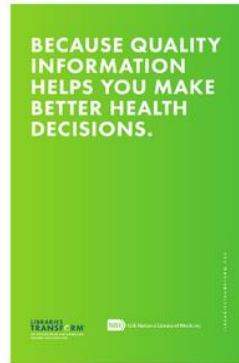
GOAL: Throw a birthday party at our house that is low-key and enjoyable by our 3-year old daughter and her friends.



Marketing Ideas



Libraries Transform



Health Information Resources

Where do you find health information?

U.S. National Library of Medicine

MedlinePlus®
Trusted Health Information for You

Search MedlinePlus

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

 **Health Topics**
Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Videos & Tools**
Discover tutorials, health and surgery videos, games, and quizzes

 **Lab Test Information**
Learn why your doctor orders laboratory tests and what the results may mean

 **Medical Encyclopedia**
Articles and images for diseases, symptoms, tests, treatments

Share MedlinePlus   

 Need information on medications or supplements?
Find them on our **Drugs and Supplements** page.

1 2 3 4 II

Tweets by @MedlinePlus

 **MedlinePlus.gov** @medlineplus
RT @foodsafetygov: Enjoying #apples this fall? Be sure to wash fruits and veggies under running water before eating, cutting, or cooking! #NationalAppleDay go.usa.gov/xPXG9



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NIH MedlinePlus Magazine
Read the **latest issue**



Clinical Trials
Search ClinicalTrials.gov for drug and treatment studies.

Get email updates  Subscribe to RSS  Follow us  

Links to reliable, authoritative health websites

Health Topics on children/teens

Easy-to-read articles

Lab test information


Medical encyclopedia

Links to local services

Information in > 45 languages

No advertisements or endorsements

Medline Plus Health Topics



U.S. National Library of Medicine

Search MedlinePlus

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Health Topics Drugs & Supplements Videos & Tools Español


Home → Health Topics → Autism Spectrum Disorder


Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

On this page

| | | |
|---|--|---|
| Basics <ul style="list-style-type: none">SummaryStart HereLatest NewsSymptomsDiagnosis and TestsTreatments and Therapies | Learn More <ul style="list-style-type: none">Living WithRelated IssuesSpecificsGenetics | See, Play and Learn <ul style="list-style-type: none">Health Check Tools |
| Research <ul style="list-style-type: none">Statistics and ResearchClinical TrialsJournal Articles | Resources <ul style="list-style-type: none">Find an Expert | For You <ul style="list-style-type: none">ChildrenTeenagersPatient Handouts |






Get Autism Spectrum Disorder updates by email 

Enter email address

MEDICAL ENCYCLOPEDIA

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to


Start Here

- Autism Spectrum Disorder  (National Institute of Mental Health)
- Autism Spectrum Disorder  (National Institute of Neurological Disorders and Stroke)
Also in Spanish
- Autism Spectrum Disorder (ASD)  (National Institute of Child Health and Human Development)
Also in Spanish


Symptoms

- Signs and Symptoms of Autism (Centers for Disease Control and Prevention)

Diagnosis and Tests

- Autism: Diagnosis (Autism Society)
- Autism: Why Act Early? (Centers for Disease Control and Prevention)
Also in Spanish
- PTEN Genetic Test  (National Library of Medicine)
Also in Spanish

Treatments and Therapies

- Therapies for Children With Autism Spectrum Disorder (Agency for Healthcare Research and Quality)
Also in Spanish
- What Are the Treatments for Autism?  (National Institute of Child Health and Human Development)
Also in Spanish

Living With

- 100 Day Kit for Newly Diagnosed Families of School Age Children (Autism Speaks) - PDF
- Autism and Your Family (Autism Society)
- Autism Spectrum Disorders (ASD) and Diet (Academy of Nutrition and Dietetics)

MedlinePlus - Printer Friendly

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus GO

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Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

On this page

Basics

- Summary
- Start Here
- Symptoms
- Diagnosis and Tests
- Treatments and Therapies

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

Summary

Print Options

Topic Summary only

Full topic including all links

Stay Connected

10/2019 Autism Spectrum Disorder: MedlinePlus

National Institutes of Health / U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Home → Health Topics → Autism Spectrum Disorder

URL of this page: <https://medlineplus.gov/autismspectrumdisorder.html>

Autism Spectrum Disorder

Also called: ASD, Pervasive developmental disorder (PDD)

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to them. They may also have restricted interests and repetitive behaviors. They may spend a lot of time putting things in order, or they may say the same sentence again and again. They may often seem to be in their "own world."

At well-child checkups, the health care provider should check your child's development. If there are signs of ASD, your child will have a comprehensive evaluation. It may include a team of specialists, doing various tests and evaluations to make a diagnosis.

The causes of ASD are not known. Research suggests that both genes and environment play important roles.

There is currently no one standard treatment for ASD. There are many ways to increase your child's ability to grow and learn new skills. Starting them early can lead to better results. Treatments include behavior and communication therapies, skills training, and medicines to control symptoms.

NIH: National Institute of Child Health and Human Development

Start Here

- Autism Spectrum Disorder (<https://www.nlm.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml>)
(National Institute of Mental Health)
- Autism Spectrum Disorder (<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Autism-Spectrum-Disorder-Fact-Sheet>)
(National Institute of Neurological Disorders and Stroke)
Also in Spanish (<https://espanol.ninds.nih.gov/trastornos/autismo.htm>)
- Autism Spectrum Disorder (ASD) (<https://www.nichd.nih.gov/health/topics/autism/conditioninfo>)
(National Institute of Child Health and Human Development)
Also in Spanish (<https://www1.nichd.nih.gov/espanol/autismas/temas/autism/informacion/Pages/default.aspx>)

MedlinePlus: Asthma - Nebulizer

Nebulizer Treatments

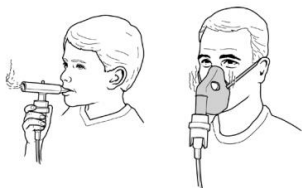
Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that is able to go more deeply into the airways of your lungs.

How often you have the nebulizer treatments will depend on:

- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

Taking a Treatment

- The treatment can be done with a mask or mouthpiece based on which works best for you.
 - ▶ If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
 - ▶ When using a mask, place it over your mouth and nose.
- Check your pulse before your treatment and write it down.
- You will see a fine mist when the treatment is started. Sit down, relax and breathe normally.
- Every four to five breaths take a deep breath in and hold it a few seconds. Then exhale or breathe out completely.
- Tap the nebulizer cup every few minutes to be sure all the medicine is nebulized. The treatment will last about 10 to 20 minutes.



ネブライザー療法

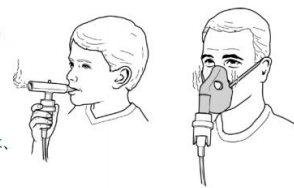
薬によってはネブライザー療法によって投与される必要があります。ネブライザー療法は、吸入療法、エアロゾル療法、噴霧療法などとも呼ばれます。ネブライザーにより液体の薬剤が細かい霧状になり、薬剤が肺の気道の奥深くまで届くようになります。

ネブライザー療法の使用回数は、以下の条件により異なります。

- 使用薬剤
- 息切れや喘鳴の度合い

処置をする

- ネブライザー療法は、マスクまたはマウスピースのどちらか適したほうを使用して行われます。
 - ▶ ウスピースを使用する場合は、歯の後ろ側にマウスピースを入れます。唇を閉じてマウスピースが口の中で密閉された状態にします。
 - ▶ マスクを使用する場合は、マスクで口と鼻の周りを覆います。
- 処置を始める前に心拍数を測り記録します。
- 処置を開始する際、細かい霧を確認します。椅子に座り、リラックスして、通常の呼吸をします。
- 4～5回の呼吸ごとに深く息を吸い込み、そのまま数秒間息を止めます。その後息を完全に吐き出します。
- 数分ごとにネブライザーのカップを軽くたたき、薬剤がすべて霧状になっていることを確認します。処置は約 10～20 分で終わります。



Partnerships

Who have you partnered with?

Choosing A Partner

- **Audience:** Do you need help in attracting certain target audiences to your program or to the library in general?
- **Publicity:** Do you need help publicizing your program?
- **Funding:** Do you need additional funds to present your program?
- **People:** Do you need additional people to help you plan and present your program?
- **Space:** Is your event too large for the library?
- **Ideas and know-how:** Has another agency hosted a similar event?
- **Presenters and performers:** Are there local talents?
- **Think inside the library:** Do library staff have connections



GO

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Contact Us](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Español](#)

Home → Organizations → Organizations: N

Other organizations by topic A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#)

Organizations: N



A collection of organizations providing health information arranged by topic. Also available in [alphabetical order](#).

Nutrition

- [Academy of Nutrition and Dietetics](#)
- [Center for Nutrition Policy and Promotion](#)
- [Food and Drug Administration](#)
- [Food and Nutrition Information Center](#)
- [Food and Nutrition Service](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases](#)

Nutrition for Seniors

- [Academy of Nutrition and Dietetics](#)
- [Food and Nutrition Service](#)
- [Meals on Wheels Association of America](#)
- [National Institute on Aging](#)

Nutritional Support

Community Partners (Tips)

Approaching Your Community Partner

- Be clear about what you want from your partner
- Think about how the partnership will benefit your community partner
- Be prepared

Working With a Partner

- Communicate
- Agreements
- Be Prepared

Follow-up

- Thank partner publicly and privately
- Keep in Touch
- Plan for Future Events

A Note for the Optimists...

- Approach health and wellness programming partners and information with skepticism
- “Health and Wellness”
- MLM challenges
- Photo: Met Archives



Program Resources

What comes to mind when you think of health programming in libraries?

Health Outreach and Programming

[Home](#)[Planning and Evaluation Tools](#)[Creative Tools](#)[NIH and National Health Campaigns](#)[National Health Observances](#)[Health and Science Games](#)[Program Ideas & Guides](#)[Youth Drugs and Your Body Program](#)[Engage for Health](#)

Questions? Contact:



Michael Balkenhol

Health Programming Coordinator

NNLM MAR

MAB602@pitt.edu

NNLM Webinars

[Activate, Collaborate, and Educate:
Health Outreach and Programming
in Your Community](#)

This course will provide an overview of ideas to conduct health outreach and create health programs for libraries and community/faith based organizations.

Program Ideas and Guides

Thinking of applying for NNLM funding? Looking for program ideas and inspiration for public libraries? This guide includes programs-in-a-box, program ideas, and other resources for ideas and inspiration. Check back for updates and new programs!

Summer Reading



[NNLM Summer Health Programming Manual](#)

Blast off! The National Network of Libraries of Medicine is getting into Summer Reading! *A Universe of Stories* is coming to public libraries this summer in celebration of the 50th anniversary of the first moon landing. Explore DNA and family history, make stardust, discover astronaut food, and more with our science programs for kids, teens, and adults. Check out the NNLM Summer Reading Manual for program guides created in partnership with the Collaborative Summer Library Program.

Programs-in-a-box from All of Us Community Engagement Network

The National Libraries of Medicine (NLM) is honored to be selected as a community partner of the NIH All of Us Research Program. Below are programs-in-a-box created with All of Us in mind. Visit the [All of Us Community Engagement Network](#) for more resources, including the [CEN Programming Guide](#).

© CSLP 2020

What is 'Engage for Health'?

Community Education Program

- Patient Advocacy Program
- Improve Doctor-Patient Communication
- Encourage partnerships (hospitals, libraries and community-faith based organizations)

['Engage for Health' Resource Guide](#)

(nnlm.gov/mar/guides/engageforhealth)



SAMPLE: 3 Types of Questions



- **What** is this test for?
- **What** are my choices?
- **Why** do I need this treatment?
- **Why** do I need to decrease how much salt I eat?
- **How** often do I need to take the medication?
- **How** do you spell the name of that drug?

SAMPLE: What did you hear?



SAMPLE: What did you hear?








Health Outreach and Programming

[Home](#)[Planning and Evaluation Tools](#)[Creative Tools](#)[NIH and National Health Campaigns](#)[National Health Observances](#)[Health and Science Games](#)[Youth Drugs and Your Body Program](#)[Engage for Health](#)

'Engage for Health' Program Materials

All of the materials you need to offer the 'Engage for Health' program are freely available. The toolkit includes the presentation slides, speaker notes, role play exercise, pre-post evaluation form (and instructions to send MAR the completed forms), promotional poster and logo.

- [Engage for Health Presentation Slides](#) 
- [Engage for Health Speaker Notes for Presentation Slides](#) 
- [Engage for Health Role Play](#) 
- [Engage for Health Pre-Post Evaluation Instructions](#) 
- [Engage for Health Pre-Post Evaluation Form](#) 
- [Engage for Health Promotional](#)

About Engage for Health

The Hospital & Healthsystem Association of Pennsylvania ([HAP](#)[®]) and its Pennsylvania Hospital Engagement Network ([PA-HEN](#)[®]) developed 'Engage for Health', a series of tools to conduct a community education program on taking an active role in your health care. In 2016 the Pennsylvania Library Association ([PaLA](#)[®]) and the National Network of Libraries of Medicine, Middle Atlantic Region ([NNLM MAR](#)) partnered with HAP, the NNLM Evaluation Office ([NEO](#)) and the Agency for Healthcare Research and Quality ([AHRQ](#)[®]) to update the program and pilot it in 16 libraries across PA.



The 'Engage for Health' program is now available for libraries, community and faith based agencies and health care providers to offer in their communities. If you are interested in offering this program, please feel free to use the materials located on this page and contact NNLM MAR for assistance.

We encourage you to offer this program, use the evaluation materials (and send them to us) as well as let us know about the success of your 'Engage for Health' program.

AHRQ published a case study on the 'Engage for Health' program and the pilot project in PA, read the entire [case study](#)[®] here.

[Health Outreach and Programming](#),

(nnlm.gov/mar/guides/programming-class/engageforhealth)

NNLM Reading Club Book Kits





Book Selections and Health Resources: Mental Health

Mental Health Awareness Month

Mental Health Resources

Everything Here Is Beautiful

Gorilla and The Bird

Rx: A Graphic Memoir

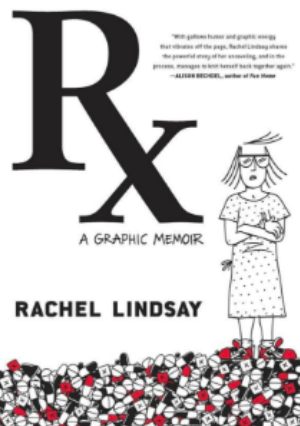
NNLM Reading Club Book Kit

Do you want to share this book with your reading club? NNLM has made it easy to download the discussion questions, promotional materials, and supporting health information from this page.

However, if you are short on time or resources, [apply](#)® for the free "program-in-a-box" NNLM Reading Club Book Kit which includes books as well as discussion questions and health topic materials.

Book

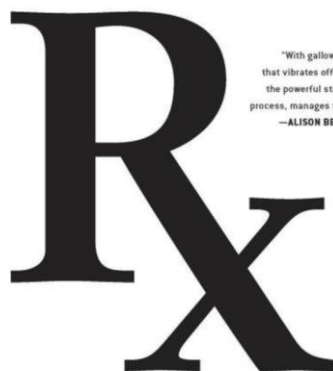
In her early twenties in New York City, diagnosed with bipolar disorder, Rachel Lindsay takes a job in advertising in order to secure healthcare coverage for her treatment. But work takes a strange turn when she suddenly finds herself on the other side of the curtain, developing ads for an antidepressant drug. Day after day, she sees her own suffering in the ads she helps to create, trapped in an endless cycle of treatment, insurance and medication. Overwhelmed by the stress of her professional life and the self-scrutiny it inspires, she begins to destabilize and finds herself hospitalized against her will. In the ward, stripped of the little control over her life she felt she had, she struggles in the midst of doctors, nurses, patients and endless rules to find a path out of the hospital and this cycle of treatment. This is the author's story of being treated for a mental illness as a commodity and the often unavoidable choice





RX: A Graphic Memoir by Rachel Lindsay
Discussion Guide

These are a few sample questions can be used to spark discussion in your book club.



A GRAPHIC MEMOIR

RACHEL LINDSAY

"With gallows humor and graphic energy that vibrates off the page, Rachel Lindsay shares the powerful story of her unraveling, and in the process, manages to knit herself back together again."

—ALISON BECHEL, author of *Fun Home*



1. What do you think of the visual aspects of this book? How does the format of a graphic novel influence what is conveyed in this memoir?
2. Sections of the book discuss how people with mental health conditions are depicted in ads and media. What are some stereotypes from ads that you see reflected in real life marketing? How do these depictions influence the public view of mental health?
3. What aspects of your own life does the book remind you of? A particular event? Or a feeling? A person – like a friend, family member, co-worker, etc.? Can you point to specific passages/panels that struck you personally? Why?
4. If you've read other memoirs or stories about bipolar disorder (or mental illness in general), how does *RX: A Graphic Memoir* compare to them?
5. Most of us have an idea of what therapy and recovery should look like. How does *RX: A Graphic Memoir* challenge or reaffirm your personal image of what therapy, hospitalization, and mental health recovery is supposed to look like?
6. The book shows various interventions and attempts to help by Rachel's family and friends. What do you think of the intervention methods used by those closest to Rachel? What things do you find to be effective in supporting friends and family with mental illness?
7. When she receives a promotion at work, Rachel expresses a worry that people may realize that she has bipolar disorder. What are some factors (both stated and assumed) that feed into that fear?
8. How does Rachel's job at a pharmaceutical company affect how she views her own mental health?
9. What do you think the author's purpose was in writing this book? What ideas do you think she was she trying to get across? What factors do you think may influence the author's message and telling her own story?
10. In what ways did the book change your own opinion of how you view bipolar disorder (or mental illness in general)?

Extension activity

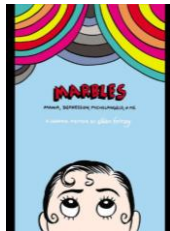
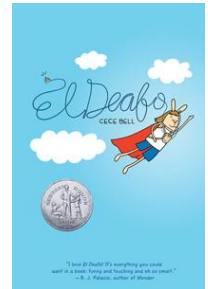
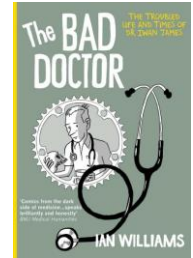
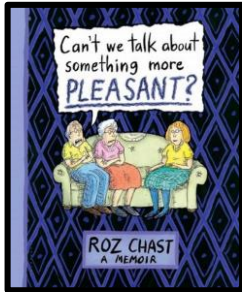
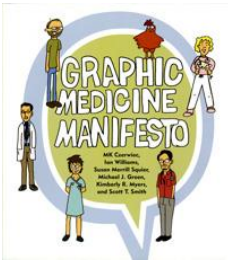
Your book club can tap into their creative abilities by creating their own graphic medicine comic book. Book clubs can utilize materials from the National Library of Medicine exhibit "[Graphic Medicine: Ill Conceived & Well Drawn](https://www.nlm.nih.gov/exhibition/graphicmedicine/)" (<https://www.nlm.nih.gov/exhibition/graphicmedicine/>) for additional information and activity plans. The [Comics Making Project](https://goo.gl/05aFm) (<https://goo.gl/05aFm>) provides an activity plan for people to have hands-on interaction with telling their own story in a comic format.

This discussion guide was created by the National Network of Libraries of Medicine and does not reflect the views or opinions of the author or publisher. Created Spring 2019.

What is Graphic Medicine?

“Graphic Medicine is the intersection of the medium of comics and the discourse of healthcare.”

Ian Williams, MD and cartoonist



NLM Exhibition Program



Graphic medicine is the use of comics to tell personal stories of illness and health.

**GRAPHIC
MEDICINE**

ILL-CONCEIVED
& WELL-DRAWN!



Graphic medicine is the
use of comics to tell
personal stories of illness
and health.

Exhibit on display

**August 19 –
September 30**

**Falk Library
Scaife Hall, 2nd Floor**



AN EXPLORATION OF
PRESENTING
PERSONAL ILLNESS
NARRATIVES AND
HEALTH INFORMATION
THROUGH COMICS



Health Sciences Library System
Falk Library, 200 Scaife Hall
3550 Terrace St, Pittsburgh, PA 15261

www.hsls.pitt.edu/exhibit

EXHIBIT FEATURES

Graphic Medicine Display

Information about this literary field,
curated by experts

Book Collection

Explore popular Graphic Medicine titles

Creativity Station

Try your hand at drawing a medical comic

SPECIAL LECTURE EVENT

“The Art and Science of Science Comics”

with

Dr. Jay Hosler, Biologist and Cartoonist

Tuesday, August 27, 2019

11:30 a.m. – 12:30 p.m.

Scaife Hall Room 1104 (11th floor)

Refreshments provided

GRAPHIC MEDICINE

ILL-CONCEIVED & WELL-DRAWN!

Graphic medicine is the use of comics to tell stories of illness and health. Most graphic medicine is memoir, the author as patient.

The language of words and pictures gives approachability and emotional impact to these personal stories, and even to the clinical data they sometimes include.

HI!
I'M CARTOONIST
ELLEN FORNEY, AUTHOR
OF THIS GRAPHIC MEMOIR,
MARBLES:
MANIA, DEPRESSION,
MICHELANGELO,
AND ME.



Marbles: Mania, Depression, Michelangelo, and Me
By Ellen Forney
New York: HarperCollins, 2009

WHEN I WROTE
MY GRAPHIC MEMOIR ABOUT
BEING AN ARTIST WITH BIPOLAR
DISORDER, I HOPED THAT IT MIGHT
BE USEFUL NOT JUST TO REGULAR
READERS, BUT ALSO TO THERAPISTS
AND EDUCATORS.

GRAPHIC MEDICINE
IS SO EFFECTIVE FOR
UNDERSTANDING CLINICAL
AND EMOTIONAL ASPECTS
OF ILLNESS.

I'M SO PSYCHED
TO HAVE THIS OPPORTUNITY
TO SHARE YOU SOME OF MY
FAVORITE WORKS!



Cancer Vixen: A True Story
By Karen Valby
New York: HarperCollins, 2009



Mental Health: A Graphic Memoir
By Virginia A. Foster
New York: HarperCollins, 2009



Mental Health: A Graphic Memoir
By Virginia A. Foster
New York: HarperCollins, 2009



Taking Turns: A Graphic Memoir
By Sarah K. Green
New York: HarperCollins, 2009



Taking Turns: A Graphic Memoir
By Sarah K. Green
New York: HarperCollins, 2009



Mental Health: A Graphic Memoir
By Virginia A. Foster
New York: HarperCollins, 2009



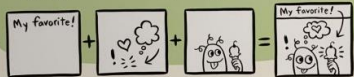
Mental Health: A Graphic Memoir
By Virginia A. Foster
New York: HarperCollins, 2009

READING WORDS & PICTURES

THE LANGUAGE OF COMICS

When reading (or creating) comics, the text and images work together to create meaning that neither conveys alone.

Comics combine the explicit meaning of words... and symbols... with the abstract expressiveness of art... to create the unique, multi-layered language of comics.



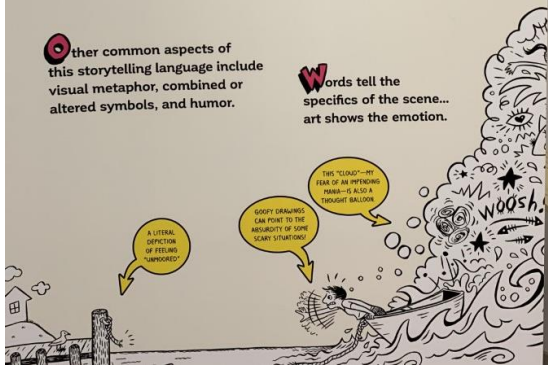
Other common aspects of this storytelling language include visual metaphor, combined or altered symbols, and humor.

Words tell the specifics of the scene... art shows the emotion.

A LITERAL
DEPICTION
OF FEELING
"HAPPINESS"

GOODY DRAWINGS
CAN POINT TO THE
AMBIGUITY OF SOME
SCARY SITUATIONS!

THIS "TOLD-IT-TO-
YOU" IS AN IMPROVING
FORM—IS ALSO A
POUNDING BALLOON



Activity Station: Student Submission



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[EDUCATION](#)
[DIGITAL GALLERY](#)
[CREDITS](#)
[TRAVELING INFO](#)

EXHIBITION PROGRAM

THE ZWERDLING POSTCARD COLLECTION

PICTURES OF NURSING

The postcard is a fleeting and widespread art form influenced by popular ideas about social and cultural life in addition to fashions in visual style. Nurses and nursing have been the frequent subjects of postcards...

EXPLORE THE EXHIBITION

SEE THE DIGITAL GALLERY

FIND EDUCATIONAL RESOURCES

BOOK THE TRAVELING EXHIBITION

Feeling stressed? Get moving!

Do you know the mental health benefits of regular exercise?

[LEARN MORE](#)

ACTIVITIES

A change in season can be a great time to try a new exercise.



MOTIVATION

Many people find it hard to make time to exercise. **Go4Life** can help!



NUTRITION

The holiday season can make it tricky to eat healthy. Stay on track!

Order Free Publications



Search NIA Publications



EXERCISE

Exercise & Physical Activity: Your Everyday Guide from The National Institute on Aging

Get moving! This 120-page, illustrated guide describes the benefits of exercise and physical activity for older people, with sample exercises and tips.



SPANISH VERSION

GET



PDF (22.64 M)

GET



PAPER COPY

GET

MedlinePlus Recipes

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Healthy Recipes

Healthy Recipes




Staying healthy can be a challenge, but simple lifestyle changes — like eating healthy meals and being physically active — can help a lot. Research shows that these changes can help you maintain a healthy body weight and reduce the risk of chronic disease.

These recipes show you how to prepare tasty, healthy meals that help you develop a healthy eating pattern. A healthy eating pattern includes a variety of fruits and vegetables, fat-free or low fat dairy, various protein foods, and oils. It also means limiting saturated fats, trans fats, added sugars, and salt. Try these recipes as part of your healthy lifestyle.

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A



[Alaska Salmon Salad](#) [Apple Coffee Cake](#) [Apricot-Orange Bread](#) [Asian-Style Chicken Wraps](#)

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

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[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Healthy Recipes → Classic Honey Flan

Classic Honey Flan

A Heart-Healthy Recipe from the National Heart, Lung, and Blood Institute

Prep time: 5 minutes
Cook time: 45 minutes
Total time: 50 minutes
Number of Servings: 4

A heart-healthy twist to a classic dessert.

Ingredients

- Nonstick cooking spray
- 1 large egg
- 1/2 cup egg substitute
- 1 and 1/2 cup fat-free (skim) milk
- 1/4 cup plus 3 Tbsp honey, divided
- 1/2 tsp grated lemon zest
- 1 tsp vanilla
- 1/2 tsp ground cinnamon

Directions

1. Preheat oven to 325° F. Spray four ovenproof custard cups with nonstick cooking spray.
2. Prepare the water bath: Bring water to boil in a saucepan over medium-high heat.
3. Meanwhile, in a mixing bowl combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed, but not foamy.
4. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend well.
5. Place the custard cups in a baking dish that is large enough to accommodate them plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture



Nutrition Information

| | |
|---------------|---------|
| Serving size | 1/2 cup |
| Calories | 199 |
| Total fat | 2 g |
| Saturated fat | 1 g |
| Cholesterol | 55 mg |
| Sodium | 114 mg |
| Total fiber | 0 g |
| Protein | 8 g |
| Carbohydrates | 40 g |
| Potassium | 235 mg |



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MUSIC AND MOVEMENT

Music and movement are important at every stage of a child's development, and can be brought together in fun, dynamic library programs. Librarians already sing, clap, and play during storytime. Music and Movement deepen this tradition by bringing in physical activity.



CHAIR-BASED EXERCISE

Did you know that you can work your whole body without standing up? Chair-based exercises are great ways to make fitness more accessible to individuals with mobility problems. Yoga, Zumba, Cardio: You can do it all without getting out of your chair!



RUNNING

Running is one of the best things you can do for your health. Libraries help people start running through Couch to 5K programs and sustain this healthy habit through running clubs. These programs are great opportunities to form partnerships with runners in your community.



PARKS PARTNERSHIPS

Local, state, and national parks are all wonderful partners. By partnering with parks you can start circulating hiking backpacks, set-up StoryWalks®, take your summer reading outside, and encourage a lifelong love of being active in nature.



LET'S MOVE IN LIBRARIES RESOURCES



Let's Move in Libraries is the place for library professionals to share, learn and be inspired to develop excellent programs for their communities. This page contains general resources applicable to any library program that includes physical activities. Visit the [Program Ideas](#) page for resources specific to a particular program (such as Yoga Story Times). [Contact us](#) to add resources you have developed in your library!

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SAFETY FIRST

Accidents are rare but they can happen during one of your programs. Protect your library by requiring participants to sign liability waivers. Participants (or their guardians) only have to sign a form once. These examples of liability forms used by public libraries throughout North America includes forms for Tai Chi, Exercise Classes, Yoga, Bicycling, Nerf Capture the Flag, Walking, and many other types of programs (UPDATE SEPTEMBER 2018 - More examples of Liability Forms: [Ex.1](#), [Ex.2](#), [Ex.3](#)). In the U.S., instructors of fitness classes in libraries may be required by your local government to have additional insurance coverage. Consult your city or county administrators for guidance.



PROGRAMMING Librarian

A website of the American Library Association Public Programs Office

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[News](#)

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[Program Models](#)

[Learning](#)

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Featured Items



National Poetry Month

in News

National Poetry Month celebrates poems and poets, with annual events taking place nationwide in April.



Bilingual Market Storytime

in Blog

Here's what LP Fisher Public Library learned when they brought storytime to the farmers' market.



Black Superhero Showcase

in Program Models

In honor of Black History Month, Louisville's Portland Library branch celebrates black superheroes.



Small-Town Library, Big-Time Author

in Blog

How did tiny Meservey Public Library get a free visit from a bestselling author? Two words: they asked.

News

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[National Poetry Month](#)

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[Programs to Help Your Patrons Get Money-Smart](#)

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Blogs



[Failure: You Can Plan on It!](#)

By: [Laura Ishizaka & Deb Ripley](#)



[McPherson Square Library Photography Exhibit Spotlights...](#)

By: [Community-Centered Libraries](#)

(Multnomah County, OR)



professional development

Discover NNLM Training Opportunities



By Category

Search or browse classes by broad categories.



By Availability

See all upcoming scheduled, on demand and regional classes.



By Continuing Education Credit

Search for classes accredited for specializations (CHES, CHIS, DIS).



Browse Course Catalog

A complete catalog of scheduled and unscheduled classes from NNLM.

IN THIS SECTION

[Training Opportunities](#)[Class Catalog](#)[Calendar](#)[Obtain a Specialization](#)[Past Classes](#)


Caring for the Mind: Providing Mental Health Information At Your Library

Responding to questions involving topics on mental health is challenging even for the most experienced librarian. In *Caring for the Mind*, participants will learn how to effectively provide mental health information at their libraries. Participants will learn about the best electronic resources to consult as well as ways to improve their print collections. Best approaches for handling interactions with emotional patrons will also be discussed. Other topics covered include: bibliotherapy; assessment/testing; and the future of mental health. This class will increase participants' skills for providing mental health information for care providers and the public.

NLM resources covered in this class include MedlinePlus, Drug Information Portal, DailyMed, and Pillbox as well as other NIH and freely available authoritative resources. This is a variable credit class. The number of CE credits is tied to how much time and effort is expected of the learner to complete the class. Please check the scheduled instance for the actual number of credit hours offered.

Objectives:

- Gain awareness of mental health issues.
- Learn to respond to challenging reference questions for mental health information.
- Be informed of tools for collection development and mental health research including the latest web sites and databases.

Course Materials: [Caring for the Mind Slides \(extended\)](#) 

[Printer-friendly handout for Library Staff](#) 

[Printer-friendly handout for Library Patrons](#) 

[Caring for the Mind Resource List](#) 

[Caring for the Mind Resource List](#) 

Class Length: 60 minutes, 2 hours, 3 hours, 4 hours

Course Owner(s):

[Michael Balkenhol](#), MLIS, Health Programming Coordinator

Upcoming Classes

There are no upcoming classes

Caring for the Mind: Mental Health Resources



MedlinePlus: Mental Health <https://medlineplus.gov/mentalhealth.html>

MedlinePlus is the National Institutes of Health's website for patients and their families and friends. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free. Check out the Mental Health topics page or read about thousands of other health topics.

National Alliance on Mental Illness www.nami.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI supports a mental health emergency helpline.

In a Crisis?

Call 800-950-6264

Text NAMI to 741741

National Center for PTSD <http://www.ptsd.va.gov>

The National Center for Posttraumatic Stress Disorder, from the US Department of Veteran Affairs, provides information for Veterans and the general public as well as researchers and providers. Resources include printable materials, videos, and a PTSD Mobile App to help manage symptoms and cope.

National Mental Health Information Center <https://findtreatment.samhsa.gov>
The Substance Abuse and Mental Health Services Administration (SAMHSA) offers a helpful site for information on substance abuse, mental illness and coping with disaster. Resources include help lines and a Behavioral Health Treatment Services Locator.

National Suicide Prevention Lifeline <https://suicidepreventionlifeline.org>

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Chat, En Español, for deaf & hard of hearing, and learning resources available.

1-800-273-8255 (TALK)

Pillbox <http://pillbox.nlm.nih.gov>

The Pillbox website was developed to aid in the identification of unknown pills. It combines images of pills with the appearance and other information to enable users to visually search for and identify oral solid dosage form medications.

Psychologist Locator <https://locator.apa.org>

American Psychological Association's tool for finding the right psychologist for you.

- National Health Observances
- Educational flyers for public library patrons
- Printer-friendly
- Webinars & Social Media



U.S. National Library of Medicine
National Network of Libraries of Medicine

All of Us
RESEARCH PROGRAM
The Future of Health Begins With You

More Than a Bandage: Health Information Resources for K-12 Professionals

This course is an introduction to free health information and educational resources for K-12 professionals provided by the National Library of Medicine (NLM) and other trusted organizations. Participants will learn about consumer health sites with an emphasis on MedlinePlus covering general health resources, drug information, multi-cultural and multi-language resources, career/professional resources, and youth health issues. This course is designed for school nurses, health educators, librarians, and other K-12 professionals.

Additional Materials:

- [Health Professionals Resources Guide](#) (NNLM MAR)
- [K-12 Resources Guide](#) (NNLM MAR)


Objectives:

Participants will be able to:

- Identify health resources from the National Library of Medicine
- Connect colleagues and caregivers with high quality health information resources
- Find and apply resources for K-12 populations that can be used for lesson planning, homework help, research projects, and/or health and science programming

Course Materials: [PowerPoint: More Than a Bandage \(updated January 2019\)](#) 

[Resource List \(updated January 2019\)](#) 

[Resource List \(updated January 2019\)](#) 

[Class Exercises \(updated January 2019\)](#) 

[Class Exercises \(updated January 2019\)](#) 

Class Length: 60 minutes, 2 hours, 3 hours

Course Owner(s):

[Michael Balkenhol](#), MLIS, Health Programming Coordinator

More Than a Bandage: Health Information Resources for K-12 Professionals

[Additional Details](#)

Tuesday, December 10, 2019

3:00pm - 4:00pm

ET

Instructor(s):

Michael Balkenhol

[Log in to register](#)

Resource List

Additional Resources: Youth Health Issues

Addiction

- [NIDA for Teens](https://teens.drugabuse.gov) teens.drugabuse.gov
- [Understanding the Opioid Crisis](https://nnlm.gov/classes/understanding-opioid-crisis) nnlm.gov/classes/understanding-opioid-crisis
- [NIDA](https://drugabuse.gov) (National Institute on Drug Abuse) drugabuse.gov
- [Get Naloxone Now](https://getnaloxonenow.org) getnaloxonenow.org

Coping with Violence

- [MedlinePlus - Teen Violence](https://medlineplus.gov/teenviolence.html) medlineplus.gov/teenviolence.html
- [APA How to talk to children about difficult news](https://apa.org/helpcenter/talking-to-children.aspx) apa.org/helpcenter/talking-to-children.aspx
- [ADL: Gun Violence / Family Conversations](https://adl.org/education/resources/tools-and-strategies/table-talk/gun-violence-mass-shootings) adl.org/education/resources/tools-and-strategies/table-talk/gun-violence-mass-shootings
- [Childcare Aware of America](https://usa.childcareaware.org/advocacy-public-policy/crisis-and-disaster-resources/caregiver-and-ccrr-tools-publications-and-resources/mass-shooting-and-violence-resources/) usa.childcareaware.org/advocacy-public-policy/crisis-and-disaster-resources/caregiver-and-ccrr-tools-publications-and-resources/mass-shooting-and-violence-resources/
- [PBS: Talking with Kids about News](https://pbs.org/parents/talkingwithkids/news/help-kids-feel-safe.html) pbs.org/parents/talkingwithkids/news/help-kids-feel-safe.html

Suicide Prevention & Bullying

- [NIH Statistics](https://nimh.nih.gov/health/statistics/suicide.shtm) nimh.nih.gov/health/statistics/suicide.shtm
- [SAMHSA School and Campus Health](https://samhsa.gov/school-campus-health) samhsa.gov/school-campus-health
- [Find Your Local NAMI](https://nami.org) (NAMI) nami.org
- [National Institute of Mental Health](https://nimh.nih.gov/index.shtml) nimh.nih.gov/index.shtml
- [Psychologist Locator](https://locator.apa.org) (American Psychological Association) locator.apa.org
- [American Foundation for Suicide Prevention: Risk Factors and Warning Signs](https://afsp.org/about-suicide-prevention) afsp.org/about-suicide-prevention

Questions and Thank You!



Michael Balkenhol, MLIS

Health Programming Coordinator
National Network of Libraries of Medicine
Middle Atlantic Region (NNLM MAR)
mab602@pitt.edu

Please complete the short evaluation upon exit!

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